

## Swim and Dive Lesson Registration Form:

Weather Hotline: 913-477-7170 – Option #3 for Aquatics. Spectators may view lessons from designated area only.

Main Contact Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Best Contact Phone Number: \_\_\_\_\_  
 Emergency Contact Name: \_\_\_\_\_

Main Contact Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Best Contact E-mail Address: \_\_\_\_\_  
 Emergency Contact Phone: \_\_\_\_\_

*(Private Lessons Only\*: Must register in person. Complete Name, Birthdate and Level, and preferred dates/time/pool. See back for details and cancellation.)*

**Day/Time:**

Participant Name: _____	Birthdate: ____/____/____	Class #: _____	Level: _____	Dive <input type="checkbox"/>	Private <input type="checkbox"/>
Participant Name: _____	Birthdate: ____/____/____	Class #: _____	Level: _____	Dive <input type="checkbox"/>	Private <input type="checkbox"/>
Participant Name: _____	Birthdate: ____/____/____	Class #: _____	Level: _____	Dive <input type="checkbox"/>	Private <input type="checkbox"/>
Participant Name: _____	Birthdate: ____/____/____	Class #: _____	Level: _____	Dive <input type="checkbox"/>	Private <input type="checkbox"/>

*Please list any participant's special needs/accommodations (please give us at least 10 working days' notice before session begins if there is a need):*

	Group Lessons	Private (30-Min.)	Semi-Private (30-Min.)*
<b>Fees:</b>			
Resident	\$40	\$15	\$27
Non-Resident	\$45	\$15	\$27

*\*Semi-private lessons include two (2) participants of the same or similar swimming/diving ability.*

**Select payment option:** This form can be walked-in to the address below. Register online at [www.lenexa.com](http://www.lenexa.com).

☐ **Check** (Payable to: City of Lenexa)

☐ **Cash**

☐ **Credit Card** (Visa, MasterCard, American Express, Discover)

**Total Due: \$** \_\_\_\_\_

*Please do not put your credit card number on this form. Credit cards need to be given in person.*

### Program Waiver

I (if over 18), the undersigned Participant/Parent/Guardian (Please circle one), understand and agree that the City of Lenexa, Kansas, is not and shall not be responsible for or liable for any illness or injury to person or damage to property that I (or the participant, if a minor) may suffer as a result of participation in the above-referenced program(s). I hereby forever release and hold harmless the City of Lenexa, Kansas, its employees, agents and representatives from any and all claims of any kind that I, or my respective heirs, executors, administrators or assigns, may have or claim to have resulting from participation in said program(s). I further authorize the City of Lenexa, Kansas to use at its discretion any photographs or video(s) taken of me (or the participant, if a minor) while participating in the program and waive any and all claims that I (or the participant) may have resulting from any use of such photograph(s) or video tapes. I recognize that there are inherent risks and dangers in the activities that I will take part in. I expressly agree to accept and assume all such risks existing in this activity, including risks of injury. I acknowledge that I have been urged and advised to seek the advice of a physician before participating. I HAVE READ AND UNDERSTAND THE WAIVER STATEMENT, THE REGISTRATION INFORMATION AND THE CANCELLATION POLICIES; THE REGISTRATION IS NOT VALID WITHOUT AGREEING BELOW.

\_\_\_\_\_  
 Signature of Participant/Parent/Guardian

\_\_\_\_\_  
 Printed Name of Participant/Parent/Guardian

\_\_\_\_\_  
 Date:

## Swim and Dive Lesson Registration Form:

**Location:** Morning sessions – Indian Trails

Evening sessions – Flat Rock Creek

Stroke development & dive – Ad Astra

<b><u>2-Week Sessions*:</u></b>	<b><u>Dates:</u></b>	<b><u>Days:</u></b>	<b><u>Registration Deadline (Thurs. before session):</u></b>	<b><u>Times (all sessions):</u></b>
<b>Session I</b>	6/6 - 6/16	Mon-Thurs, Mon-Thurs	Register by 6/2	9, 9:35, 10:10, 10:45 a.m.
<b>Session II</b>	6/20 – 6/30	Mon-Thurs, Mon-Thurs	Register by 6/16	& 5:15, 5:50, 6:25 & 7 p.m.
<b>Session III</b>	7/11 - 7/21	Mon-Thurs, Mon-Thurs	Register by 7/7	
<b>Session IV</b>	7/25 – 8/4	Mon-Thurs, Mon-Thurs	Register by 7/21	

*\*Classes may be combined or cancelled due to low enrollment. Sessions run Monday-Thursday for two (2) weeks; Fridays are reserved for make-ups. Availability is subject to change per level and per session; see master schedule online or at the Lenexa Community Center for more schedule details. Sessions will consist of 8- 30 min. classes (4 hours total).*

<b><u>4-Class Sessions**:</u></b>	<b><u>Dates:</u></b>	<b><u>Days:</u></b>	<b><u>Registration Deadline (Thurs. before session):</u></b>	<b><u>Times:</u></b>
<b>Session I</b>	6/4, 11, 18, 25	Saturday	Register by 6/2	11:10 a.m.
<b>Session II</b>	7/9, 16, 23, 30	Saturday	Register by 7/7	11:10 a.m.

*\*\*Limited availability. Classes may be combined or cancelled due to low enrollment. Sessions run Saturday mornings for four (4) weeks; Sundays are reserved for make-ups. Sessions will consist of 4- 45 min. classes (3 hours total). Availability is subject to change per level and per session; see master schedule online or at the Lenexa Community Center for more schedule details.*

### **Swim Lesson Level Descriptions:** Level 2-6: Swimmer must be able to complete previous level before advancing to the next.

**Parent & Tot (6 mo. – 1 year & 2 - 3 yrs.):** Aquatic adjustment and swimming readiness skills will be introduced while promoting fun and enjoyment in the water with their adult. Child will work on exploration on the front and back, water contact with the face and head, and overall comfort in the water.

**Pre-Beginner (3 - 4yrs.):** Participant will get acquainted with the water and basic water skills, submerging the head, supported front and back float, kicking and front crawl movements while promoting fun and enjoyment in the water.

**Level 1:** Participant will get acquainted with the water and basic water skills, submerging the head and retrieving objects, supported front and back float, kicking, and front crawl movements. No pre-requisite.

**Level 2:** This class teaches beginning swimming skills, including rhythmic breathing, kicking and floating without support, front and back crawl stroke, treading and introduction to deep-water. Must be able to complete Level 1 skills.

**Level 3:** This class increases lengths in the front crawl stroke with rhythmic breathing, backstroke, elementary backstroke, diving from the side of the pool and increased endurance treading. Must be able to complete Level 2 skills.

**Level 4:** This class teaches technique & endurance in the front crawl stroke, backstroke, elementary backstroke and treading. Open turns and breaststroke will be introduced. Must be able to complete Level 3 skills.

**Level 5:** This class increases endurance in front crawl stroke, backstroke, elementary backstroke, breaststroke and treading. Teaches the sidestroke, front and back flip turns, surface dives, diving skills and introduction to the butterfly. Increase overall endurance, and safety skills. Must be able to complete Level 4 skills.

**Level 6:** Perfect stroke techniques & improve technique in diving and overall endurance. Learn rescue skills and water safety skills. Must be able to complete Level 5 skills.

**Stroke Development:** This class is for advanced swimmers. Each session will target a particular stroke, and will focus on individual stroke techniques and corrections to make a more confident swimmer, increase efficiency and decrease disqualifications. Must be able to complete Level 5 skills and/or be a swim team participant.

**Dive:** Beginning divers will get acquainted with basic diving skills and techniques, both on land and on the 1-meter board. Advanced divers will work on technique and prepare the diver for competition. Must be able to swim and recover without assistance, and feel comfortable entering water head first.

**Private/Semi Private Lessons:** Must sign up at least 5 business days ahead of time in person. Participants will be contacted to verify lesson. Semi: Two students; participants will need to find their own partner and sign up together. Partners need to be at the same skill or ability level. Cancellations must be submitted via phone to the Program Coordinator no later than 24 hours prior to the class to reschedule or to receive a refund; cancellations less than 24 hours' notice will result in loss of fees and will not be eligible to reschedule.